

Energy Crisis: The Need for Conservation

We start the new millennium with a call to arms. It should come as no surprise that we are experiencing an energy crisis. This crisis continues to dominate news media reports across the country.

Of greatest local concern is the rapidly rising cost and shrinking availability of electricity. For decades the Pacific Northwest has enjoyed low electrical rates due to our abundance of water and hydroelectric plants.

**Everyone
has a role to
play.**

However, things do change. Due to a variety of issues such as increasing population, lack of energy production expansion, and the booming energy hungry technology industry we find

ourselves caught short. There are measures we all can take at home and at work.

Beginning immediately GSA will:

- Secure unneeded lighting (e.g., storage areas).
- Reduce lighting in common areas (e.g., corridors).
- Turn off convenience equipment (e.g., door openers).

(See "Energy" on page 2)

Tenant Spotlight

By Marge Reese, RN, FOH Health Unit Coordinator

Federal Occupational Health (FOH) is a Division of the U.S. Public Health Service within the Department of Health and Human Services. Our mission is to provide comprehensive, cost-effective occupational health services that improve the health, safety, and productivity of the federal workforce.

Federal Occupational Health was created in 1946 by an amendment to the Public Health Service Act. Beginning in 1984, FOH became fully reimbursable, operating without any direct congressional appropriations.

Federal Occupational Health operates

more than 220 health centers across the country, providing services to approximately a quarter of a million federal employees each year. Our goal is to enhance the health and well being of the employees and maximize productivity by minimizing time away from work.

The Health Unit at the JFB is located on the 5th floor in room 570. There are

(See "Spotlight" on page 3)



Bringing people together in the Jackson Federal Building



Fitness Center News

By Chrissie Kristl, ACSM

Does your workout routine get out of whack when you travel? Try these tips while on the road:

Do a Condensed, but Intense Workout. Create a 30-minute, in-room workout by alternating upper and lower-body exercises with jogging in place or jumping jacks.

Rehearse Your Routine. Practice your travel workout before you travel so it will feel comfortable and automatic.

Get Active in Airports. Store your belongings in a locker and hike through the airport while waiting for your flight.

Bring Tubes and Bands. Resistance tubing is very portable and can be used for full body resistance.

Pack Healthy Goodies. Bring bottled water, raisins, fruit, veggies, and other healthy snacks. Avoid alcohol, caffeine, soda, and salty food, all of which dehydrate you.

Plan to Relax. Bring soothing audio cassettes and do relaxation breathing exercises on the plane.

For additional information, please contact Chrissie on 220-6134 or check out the JFB web site (click on "Fitness Center"). Fitness Center hours are 5:00 AM - 7:00 PM. ❖

Tenant Changes

Backfilling of vacated FBI space continues throughout the building. Most of the construction work has been accomplished after normal building hours to minimize impact on tenants.

Several of the projects have been recently completed resulting in new neighbors. Please welcome the following tenants who are new to the building:

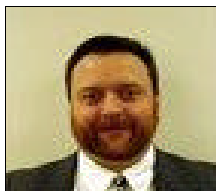
- Senator Cantwell, 32nd flr.
- U.S. Customs, 31st flr.
- USDA Grad School, 26th flr. ❖

Reality is the leading cause of stress amongst those in touch with it.

— Jane Wagner & Lily Tomlin

Farewell

Former JFB Property Manager, Stan Catchpole, recently transferred to GSA's Asset Management Division at the Regional Office in Auburn. Stan did a great job at the JFB and will be missed by many. He can be reached on 253-931-7865.



Stan Catchpole, GSA

Energy

(continued from page 1)

If the crisis becomes critical GSA will:

- Reduce temperature settings.
- Shut down HVAC earlier in the afternoon.
- Curtail after hours lighting.

Tenants can help by:

- Turning off computers.
- Turning off computer monitors.
- Turning off all plug in appliances.

The bottom line is that we are all impacted by this crisis and everyone has a role to play.

If you have suggestions on how the JFB can conserve energy please email us at "jackson.pmt@gsa.gov" or drop a note in the suggestion box in the 2nd floor Self Serve Center. ❖

Downtown Views

Downtown Views is a quarterly newsletter published by GSA's Jackson Property Management Team to help keep tenants informed of building related issues, events, and policies. Copies may be obtained at the Cafeteria, Self-Serve Center, or Building Web Site (www.northwest.gsa.gov/jfb).



Please direct all correspondence to: Steve David, Editor, Downtown Views, GSA, 915 Second Avenue, Room 106, Seattle, WA 98174. (fax 220-5025 or e-mail at jackson.pmt@gsa.gov)



Spotlight

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three Registered Nurses: Marge Reese, Betsy Wolff, and Judy Narimatsu who bring with them a diversity of nursing experiences from ICU to home health care.

The following basic services are included within the scope of the Health Unit's responsibilities:

- Walk-in first aid for minor injuries and illnesses.
- Immunizations including influenza, tetanus, pneumonia, and testing for TB.
- Physician prescribed services such a prescription injections, blood pressure, and glucose monitoring.
- Health programs such as CPR classes and rectification.
- Health risk appraisals for personalized analysis.
- Health screenings for high blood pressure, cholesterol, diabetes, vision, hearing, and pulmonary function.

For additional information or to see if your agency participates, please contact the Health Unit on 220-7630.❖

Building Hours

6:30 AM to 5:30 PM

Stress Management: What you can do

As we all know, stress is what we experience as we react to our changing environment. And contrary to popular opinion, not all stress is necessarily bad.

Stress can help us focus on an important task such as parallel parking during a driving license examination. Stress also allow us to savor the thrill of a home run. Alas, there can be too much of a good thing especially at work.

Adopting the right attitude can convert a negative stress into a positive one.
— Hans Selye

Signs of unmanageable levels of stress can be as subtle as headache, fatigue, or nausea. Prolonged exposure to extreme levels of stress can manifest itself in more serious conditions such as ulcers, hair loss, or workplace violence.

To make matters even more confusing, everyone has different stress tolerance levels. However, the good news is we can improve our stress management without much effort at all.

Here are a few stress management tips for the work place:

- **Ease up on the Java.** Coffee and other stimulants reduce our ability to cope.
- **Organize your work space.** A cluttered desk just

adds to the sense of feeling overwhelmed.

- **Lay off the junk food.** Is that vending machine candy bar really necessary?
- **Take a break.** Get away from your work station and take a little walk to clear your mind.
- **Get Physical.** Forget the elevator and take the stairs if you're only going a few floors.
- **Dine at an exotic locale.** Okay, it doesn't have to be exotic. Just don't eat at your desk.
- **Laugh it up.** Share a good joke with the person in the next cubicle.❖

USDA Graduate School

Classes available at the Jackson Federal Building in the following curriculum areas:

- Business Skills
- Communication Skills
- Financial Management
- Human Resources
- Information Technology
- Management Development

(click on "Other Web Sites" from the JFB Home Page)
www.northwest.gsa.gov/jfb

SFEB Events

The Seattle Federal Executive Board is pleased to offer the following events:

Money Wise Women's Forum

Everyone is welcome to come and listen to this very knowledgeable group of women, as they help women "protect and strengthen their financial house." The forum will be held January 24, 11:30 A.M. to 1:00 P.M., in the North Auditorium. This complementary training is absolutely free.



Workplace-Domestic Violence

Come participate in a full day conference on workplace and domestic violence. February 14, 9:00 A.M. to 4:15 P.M., in the 4th floor Auditorium. The cost of the conference is only \$60.00 and includes lunch.



Retirement Planning Seminar

This seminar is designed to assist federal employees and their spouses make plans for retirement. February 6-7, 8:00 A.M. to 4:00 P.M., in room 3086. The cost of the seminar is \$50.00 (additional \$10.00 for spouse).

For additional information or to register for any of the event listed above, please contact the SFEB on 220-6171.❖

JFB Fact

The building uses 20 million kilowatts of electricity each year (enough to power 5,000 homes)

Building Art — Part IV

By Ryan Dorfler, GSA

The cast bronze sculpture known as *Freedom* was installed in October 1979 on the south side of the building.



*Freedom by Philip McCracken
South side of the Jackson Federal Building*

Created by Philip McCracken, a native of Washington State, *Freedom* "is not intended to represent a specific religious or political condition but is meant to be translated into terms each viewer personally sees as representing his or her own freedom."❖

The key to winning is
poise under stress.
— Paul Brown

Congratulations

Long time GSA Building Mechanic, Curtis Kelly, retired in December after 31 years of service. We will all miss his smiling face and sense of humor. Stress management advice from Curtis, "retirement" of course!❖



Curtis Kelly, GSA

"GSA ADVANTAGE"

For our children's future...
buy recycled today.

www.fss.gsa.gov/enviro

Top Five Resolutions for Facilities Managers

- **I will lose ten pounds.** Think about "load shedding," trimming back on energy usage and replacing inefficient systems.
- **I will stop swearing.** Be proactive, not reactive. Don't wait until your boiler blows up.
- **I will stop smoking.** Become an "energy star" partner, choose environmentally friendly products and think green.
- **I will exercise more.** Examine your roof. Get up there and walk around checking for pooling spots, drainage problems, and broken seals.
- **I will take more time for myself.** Play a round of golf or go to the beach. There is no excuse when HVAC controls can be monitored remotely.

(By Clara M.W. Vangen and Jana

Thank You

for using your
JFB recycle
containers!





Something Broken?
Call the GSA Service
Hot Line on 220-5050

Speaking Out: Stress Management

Top Ten List

Top ten stress reducers from the first floor Bookstore Gang:



L to R: Ron, Greg, and Steve
Government Bookstore

- Stay in the bathroom all day.
- Every now and then just say "no" and hang up.
- Mentally just go back to the playground days, vent, get over it, and have a nice day.
- Take a giant leap into your neighbor's pool or a deep lake.
- Develop strong religious beliefs and activities in a church or building or tent.
- Maybe take some safe medications.
- Think: "Puppies & Clouds."
- Exhaust all annual leave.
- Request and exhaust all advanced annual leave.
- Create more holidays. ❖

FEDERAL DAY CARE

Little Eagles
Second & Madison
Ph 382-9869

Green Tree
Sixth & University
Ph 553-8212

JFB tenants share their thoughts on stress management:

"Exercise is my number one tool for managing stress. I also started yoga classes on a regular basis a few years ago and through yoga, I have learned to breathe deeply and release tension throughout the body. Massage is helpful too. However, if all else fails, wine and chocolate usually do the trick!"



Chrissie Kristl, Fitness Center.

**Keep your sense of humor.
There's enough stress in the rest
of your life to let bad shots ruin a
game you're supposed to enjoy.**

— Amy Strum Alcott

"Being a Protection Officer in the JFB is a position I enjoy very much. It relieves my stress and gives me great satisfaction in knowing that I may have prevented a dangerous situation from occurring in the building. I always walk away from a situation with a smile knowing I have done my job in protecting the people and property."



Dan Carillo, Seattle Security.

"Everyone relieves stress in different ways. Some smoke, some work out in the fitness center, and others eat. I sing. I get in my car each morning and sing to the radio or my favorite CD. By the time I get out of my car, I'm smiling and I start my morning out feeling energized. Any stress from my personal life I leave in the car and the stress from work is left in my desk before I leave. It works in reverse on the way home."



Lynn Nishimura, NW Federal Credit Union.

"Any reasonable step that an organization can take to accommodate each employee's unique circumstances would surely be more effective than a collective approach. I recommend flexible work schedules, liberal leave, casual work environment and attire, and an end to political correctness. I spell relief T-I-M-E-O-F-F!"



Greg Gammon, GPO. ❖



9:00 AM to 4:00 PM
206-682-7622
www.nwfcu.com

Telephone List

Cafeteria, 622-3947
Conference Rooms, 220-5052
Credit Union, 682-7622
Fitness Center, 220-6134
General Info, 220-5055
Health Unit, 220-7630
Lost & Found, 220-5055
Security, 253-804-4771
Service Calls, 220-5050
Telephones, 220-5005

EMERGENCIES
253-804-4777 (24 hrs)

Bits and Pieces

The next Quarterly Tenant Meeting is scheduled for 10:00 AM, Wednesday, January 17, 2001 in the Evergreen Room (3086). All tenant agency representatives are encouraged to attend.



This issue of the Downtown Views is dedicated to the memory of GSA Building Mechanic, John McQueen. John was killed in a tragic accident on December 22 as he walked from his downtown bus stop to the JFB.

The process of living is the process of reacting to stress.
— Dr. Stanley Sarnoff

"What ever happened to that building survey I filled out last November?" you may be asking. Gallup is expected to complete their tabulation in January and we plan to publish the results in a special edition of this newsletter late February.

We would like to thank everyone for their participation, the response rate was up 6% over the previous 1998 survey rate!❖

Calendar of Events

Jan 1 New Years Holiday
Building Closed

Jan 15 M.L. King Holiday,
Building Closed

Jan 19 Blood Drive
South Auditorium,
9:00 AM – 3:00 PM

Feb 16 Blood Drive,
South Auditorium,
9:00 AM – 3:00 PM

Feb 19 President's Day,
Building Closed

Mar 23 Blood Drive,
South Auditorium,
9:00 AM – 3:00 PM

Q and A

Things You Should Know

Q: "What number do I call to find out if the building is closed?"

A: There is no building-wide number for tenants to call in the event of an emergency or hazardous weather closure/delay. Under an agreed upon process the Seattle Federal Executive Board (SFEB) will issue an advisory for tenant agency officials to review and in turn institute their own agency specific plan. (Tenants are reminded that neither the SFEB nor GSA is able to provide direction regarding agency closures or delays.)❖

Tax Time Stress Relief

Alleviate some of that last minute stress by taking advantage of a special IRS program. Beginning February and continuing through April 15th, specially trained members of the IRS Voluntary Income Tax Assistance (VITA) program will be providing free income tax preparation assistance. Just bring your records to room 414 between the hours of 9:00 AM and 3:00 PM. Help is also available from IRS by calling 1-800-829-1040 or by the Internet at www.irs.gov.❖



Your GSA Jackson Property Management Team

Visit Our Web Site At: www.northwest.gsa.gov/jfb

Administrative Services:

Laura Wright, Steve David,
& Michael Westvold.

Mechanical Services:

Owen Butler, Diane Murdock, Robert Manos,
Chuck Eddington, Ted Peros, & Bob McDaniel.